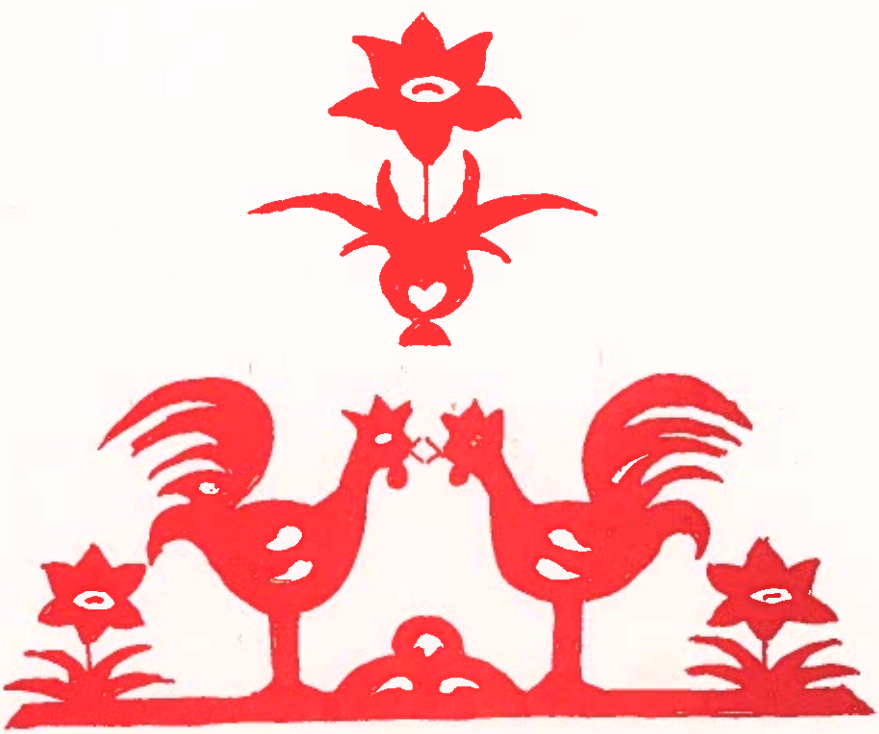
# CHOICE RECIPES of POLISH-AMERICAN COOKING



FIRST EDITION

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"Old customs came to life again,
and splendor as of old,

While massive tables glittered
with silver and with gold,

And even the master's cellar,
like the master's heart,

Burst wide, and old Hungarian wine,
caused jests and wit to start."

From MARYA
by Antoni Malczewski

Translated by
Marion Moore Coleman

# CHOICE RECIPES
# of
# POLISH AMERICAN
# COOKING

Collected and
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Composition of Book and
Excerpts on food and cooking from Polish
Literature selected by

Iza Mikuszewska

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The Polish Arts Club of Buffalo

1951

## A WORD of INTRODUCTION

by_____ Alexander Janta

Although representing but a small sampling of recipes that can be found in Polish homes of America, this truly private collection is the fruit of generous personal contributions from members and friends of the Polish Arts Club of Buffalo.

The desire of compiling such a treasure is closely connected with the newly established tradition of our yearly JARMARK.

Now, JARMARK, an old-time Polish country fair, could hardly be in style without the special fragrance and flavor of its invitingly set tables, steaming kettles and rich variety of excellent foods.

In many lands, the art of cooking as well as the specific knowledge of <u>what</u> and <u>how</u> to eat, is closely connected with the tradition and culture of its people.

One can safely say, that in Poland, the importance of this fact has for generations been recognized as such, and that the art of taking advantage of its existence was always admired, studied and mastered accordingly.

The Polish tradition of hospitality has indeed been ever closely connected with the notion of good food, and despite various foreign influences, over many centuries succeeded in developing and preserving a national and quite characteristic style.

Excerpts from great Polish literature, and especially from the XIX century master-poem, PAN TADEUSZ, by Adam Mickiewicz, with which our Buffalo-Polish collection is interspersed, will give the readers (and to the diner) an idea of the place and pleasure, the theme of food and its preparation have always enjoyed in Poland; the varied recipes, preserved in Polish American homes, in and around Buffalo, will illustrate this point even further.

It makes all of us, who worked on the compilation of this material, happy to be able to share with many of you, these unquestionably personal and at the same time also national ideas on a problem, which was once ably summed up as follows:

"to eat is human, to digest divine."

May this collection of many Polish specialties, which have indeed been tested to be tasty, provide you with new adventures in the realm of good eating.

We only hope, that our advice and suggestion offered here, can serve the enjoyment of your spirits, the education of your palate and the best possible appetite of both.

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# CAKES

From PAN TADEUSZ

Translated by
George Rapall Noyes

"In no other country is there such coffee as in Poland. In Poland, in a respectable household, a special woman is, by ancient custom, charged with the preparation of coffee. She is called the coffee-maker; she brings from the city or gets from river barges, berries of the finest sort, and she knows secret ways of preparing the drink, which is black as coal, transparent as amber, fragrant as mocha, and thick as honey. Everybody knows how necessary for good coffee is cream; in the country this not hard to get; for the coffee-maker, early in the day, after setting her pots on the fire, visits the dairy, and with her own hands skims the fresh flower of the milk into a separate little jug for each cup, that each of them may be dressed in its separate little cup.

The older ladies had arisen earlier and had already drunk their coffee; now they had had made for them a second dish, of warm beer, whitened with cream, in which swam curds cut into little bits.

From PAN TADEUSZ by Adam Mickiewicz

Everyman's Library, #842 (Pages 50-51)

## BIRTHDAY CAKE (Festive)

Gena Wylegala

4 c. all purpose flour
2 level tsp. cinnamon OR
1 tsp. rose water
½ lb. candied pineapple
½ lb. candied cherries
4 c. walnut meats
1½ lbs. bleached raisins
1 c. butter
2 c. sugar
6 egg yolks
6 egg whites
1 tsp. nutmeg
1 tsp. vanilla
2 tsp. baking powder

Cream butter and sugar until fluffy. Add well beaten egg yolks and mix well. Add cinnamon or rose water and vanilla. Mix baking powder with 3 cups of flour and add slowly to the above mixture. Fold in stiffly beaten egg whites.

Sprinkle 1 cup of flour over the nuts (halves preferred), chopped raisins, cherries (cut in half), and pineapple wedges. When well covered with flour, add to the rest. Bake in angel cake tin pan. Bake in 275° oven for five hours.

When serving, cut in very thin slices.

## BUSY DAY CAKE

Joanna Mikuszewska

½ c. butter
1 egg
½ tsp. salt
3 tsp. baking powder
1 c. sugar
2 c. cake flour
1 c. milk
1 tsp. vanilla

Cream butter, add sugar and egg. Beat well. Combine baking powder and flour. Sift three times. Beat well creamed butter, sugar, salt & flavoring.

Add milk and flour in small amounts and beat the mixture well. Bake in 375° oven for 20-30 minutes.

BUTTERMILK CAKE

_____ Tekla Kaczarowski

½ c. lard
4 c. flour
½ c. butter
1 lb. brown sugar

Mix above ingredients. Set aside 1 c. of the mixture to be used for topping. Add to the remaining mixture:

4 eggs
2 tsp. baking soda
1 tsp. vanilla
2 c. buttermilk

Pour into a well greased pan, sprinkle with the remaining cup of first mixture. Bake in moderate oven 350° until cake leaves the sides of the pan.

From PAN TADEUSZ by Adam Mickiewicz

Translated by George Rapall Noyes

"To those fields,
painted with various grain,
gilded with wheat,
silvered with rye;
where grows the amber mustard,
the buckwheat white as snow;
where the clover glows
with a maiden's blush;
where all is girdled as a ribbon
by a strip of green turf
on which here and there
rest quiet pears trees."

COCONUT CAKE (Fresh)

Joanna Mikuszewska

1 fresh coconut
2 c. sifted cake flour
2 tsp. baking powder
½ tsp. salt
2/3 c. shortening
1 c. sugar
3 eggs
½ c. fresh coconut liquid or skim milk
1 tsp. vanilla

Drain off coconut liquid and reserve. Remove meat from the shell. Peel off brown skin and shred coconut fine. Set aside to use as garnish for the frosting.

Sift the flour once. Measure, add the baking powder, salt and sift together twice. Cream the shortening and sugar together until light and fluffy. Add the eggs, one at a time, beating well after each addition.

Add the dry ingredients to the creamed mixtures alternately with the coconut mixture, beat until smooth. Add vanilla. Pour into greased 9" layer tins and bake in 275° oven for 25 minutes or until done.

When cool, frost with boiled frosting or seven-minute frosting and sprinkle liberally with shredded coconut.

From PAN TADEUSZ by Adam Mickiewicz

Translated by George Rapall Noyes

"Who would even comprehend those dishes of ARKAS, (a cold dish of milk, cream and yolks of eggs) and BLEMAS (blancmange) as almond jelly, no longer known in our times, with their ingredients of cod, stuffing, civet, musk, caramel, pine nuts and damson plum."

## GINGER CAKE

Mary Ann Nowak

½ c. brown sugar )( Cream together and
½ c. shortening )( Add 1 egg

Mix together in mixing bowl:

½ c. molasses
1 tsp. soda (level) ½ c. hot water

Sift together:

1½ c. flour (sifted) ½ tsp. cinnamon

Mix in order given and bake for 45 minutes in 350° oven or possibly a little longer. Top this with creamy icing.

## CREAMY ICING

2½ tbsp. water
2½ c. Confectionery sugar (sifted)
2/3 c. crisco or spry
4½ tbsp. sugar (granulated)
2 eggs (whole)
1 tsp. vanilla

Boil water and granulated sugar together for a few minutes (3-4 minutes.) Mix confectionery sugar and eggs in separate bowl and beat well, blend with syrup, add crisco or spry and vanilla, beat until fluffy or creamy.

## HOT MILK CAKE

Aniela Winiarska

2 eggs
1 c. cake flour
pinch of salt
1 tsp. vanilla
1 c. sugar
2 tbsp. salted butter
1 tsp. baking powder
½ c. warm milk

Beat the eggs, (whole) with egg beater until fluffy. Add sugar and blend well together.

Sift the flour, baking powder and salt. Sift three times. Combine the dry ingredients with the egg mixture. Then add the warm milk and melted butter, Bake in well buttered pan, in 375° oven for 35 minutes.

### FROSTING

8 tbsp. brown sugar
2 tbsp. butter
2 tsp. sweet cream
1 c. coconut

When cake is baked, spread the frosting over cake and put it in the oven, under the broiler, and watch carefully so that the sugar does not get too brown. This cake may be served right out of the cake tin.

## MINCE MEAT CUP CAKES

Helen Janulewicz

½ c. butter
1 c. sugar
3 eggs, well beaten
2 c. pastry flour
1½ tsp. baking powder
½ tsp. soda
½ tsp. salt
¼ cup sour milk
1 cup mince meat
1 tsp. vanilla

Cream butter, add sugar and cream well. Add eggs, sift flour, baking soda, salt. Add alternately with milk. Add mince meat and vanilla. Bake in well greased, floured cup cake tins, in 275° oven for 25 minutes. Cool and frost.

## GOLDEN FRUIT CAKE

_____ Helen Wisniewski

1 c. white raisins
½ lb. candied cherries cut in half
½ lb. candied pineapple
¼ lb. candied orange peel
¼ lb. candied lemon peel
1 c. shredded coconut
1½ lb. sliced brazil nuts
2 c. flour
1 tsp. baking powder
½ c. butter
¼ tsp. salt
1 c. sugar
½ c. orange juice
3 eggs beaten
1 tsp. orange extract
½ tsp. vanilla

Cream butter, add sugar gradually; add eggs and extract. Beat well. Sift baking powder with salt and flour and add alternately with the liquid. Add fruit and nuts (dusted with a little flour) and mix well. Pour into well buttered and wax paper lined tube pan. Bake in 325° oven about 3 hours.

## LIGHT POUND CAKE

Joanna Mikuszewska

½ c. butter
1 c. sugar
3 egg yolks
½ tsp. salt
3 egg whites
2 c. flour
3 tsp. baking powder
1 c. milk
rind of 1 lemon
1 tsp. vanilla or lemon juice

Cream butter and sugar. Add well beaten egg yolks with salt. Sift flour with baking powder and alternately with milk to above mixture. Add rind of lemon and flavoring. Fold in well beaten egg whites. Bake in buttered pan for 1/2 hour at 375°.

## ORANGE RAISIN CAKE

Anna Frazier

1 orange (medium)
2 c. sifted flour
1 tsp. salt
1 c. granulated sugar
½ c. sour milk or buttermilk
1 c. seedless raisins
1 tsp. soda
½ c. shortening
2 beaten eggs

Peel and seed orange and put through grinder with the raisins. Mix and sift together flour, salt and soda. Cream shortening and sugar together until fluffy. Add eggs, one at a time, beating after each addition. Add flour mixture and sour milk alternately. Add orange, raisin mixture and mix thoroughly. Bake in greased pan in moderate 350° oven from 35-45 minutes. Use orange frosting.

PRIZE CAKE

Helena Mikuszewska

11 eggs
2½ tsp. Cream of tartar
1½ c. sifted sugar
1 c. flour (sifted)
1 tsp. flavoring
1 tsp. salt

Separate eggs, beat whites until foamy, add salt and cream of tartar. Continue beating until stiff enough to hold peaks. Add sugar, a little at a time, to insure proper mixing. Fold in flour in small portions and blend well.

Beat egg yolks until thick and lemon-colored. Add flavoring. Then, fold well beaten eggs into whites gently but thoroughly.

Pour into ungreased tube (10"), cut through batter with clean silver knife to remove number of air bubbles formed during the mixing. Place cake in un-heated oven at 350° for about one hour or until well browned. Test for sufficient baking by depressing dough with fingers, gently. When dough springs back, it is done. Remove from the oven, invert the cake and pan immediately and allow to cool. After completely cooled, remove from pan and frost as desired.

POPPY SEED CAKE #1

Zofia Czech

3/4 c. butter
5 egg yolks
½ lb. ground poppy seed
½ c. shredded almonds
1 tsp. vanilla
1 c. sugar
1 c. boiled, riced potatoes
½ tsp. cinnamon
1 c. dried bread crumbs

Cream butter and sugar gradually with 1 egg yolk until all sugar and egg yolks are used. Then add riced potatoes, poppy seed and almonds with cinnamon, vanilla and bread crumbs. Alternate with beaten egg whites. Lastly add 2 tsp. of baking powder. Bake in tube-pan for 1 hour at 350°.

POPPY SEED CAKE #2

Tekla Kaczarowski

¼ lb. butter
2 eggs, separated
3 tsp. baking powder
2 c. sugar
3 heaping cups of flour
1 c. poppy seed soaked in 1½ c. milk for 4 hours

Cream butter and sugar, add the egg yolks, beating well. Sift flour with baking powder and add alternately with milk and poppy seed. Fold in well buttered loaf pan and bake in a moderate oven, about 350° until cake leaves the sides of the pan.

"The poppy seed and lentils dried
I cast about on every side
Your meet and suitable collation."

From GRAŻYNA by Adam Mickiewicz

Translated by Dorothea Prall Radin

POUND CAKE (Coconut)

_____Angeline Krystaniak

½ c. butter
2 c. sugar
1 c. milk
5 eggs (separated)
1 tsp. soda
1 tsp. cream of tartar
1 small can coconut
4 c. flour (sifted)

Beat the butter and sugar until very light. Add the beaten egg yolks, milk, beaten egg whites, alternately with flour. Beat well. Add coconut.

Line the cake pans with wax paper, well buttered, filling pan a little more than half full, bake in moderate oven. Spread over the top a thin frosting and sprinkle thickly with grated coconut.

TWO TONE CHEESE CAKE

_____Joanna Mikuszewska

1¼ c. crushed Graham crackers
¼ c. melted butter
¼ c. sugar

Mix these ingredients. Grease bottom of pan. Line with crumbs and keep in refrigerator until ready to use.

FIRST FILLING:
½ c. sugar
¼ tsp. vanilla
3 eggs
1 lb. cream cheese

Combine all ingredients and mix well. Place on top of crumbs. Bake in 375° oven for about 20 minutes. Remove from oven, let stand in the cake tin for 15 minutes while fixing the SECOND FILLING:

1 pint sour cream ¼ c. sugar 1 tsp. vanilla

Mix well. Spread on cheese cake. Put in oven for 10 minutes at 475°. Take out, let stand until cool. Put in refrigerator until ready to serve.

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## FINGERS

Helen Rozan

3/4 c. butter
4 tbsp. sugar
3/4 c. broken nut meats
1 tsp. vanilla
2 c. flour
1 tbsp. water

Cream butter and sugar. Add vanilla. Add flour gradually and beat after each addition. Add water and nut meats. Shape into oblong cookies about the size of a little finger. Bake in 375° oven. Roll each cookie in granulated sugar. (Makes 5 dozens).

FOREFATHERS' EVE, (Part II) by Adam Mickiewicz

Translated by Watson Kirkconnell

"Is it solemn litanies
Thou dost crave, or dainty fare?
Cakes and cherries, red strawberries,
Milk and tartlets, take thy share."

## NUT COOKIES

Joanna Mikuszewska

1 lb. butter
1 c. almonds or any other nuts
2 tsp. baking powder
1 lb. powdered sugar
6 eggs
4 c. pastry flour

Cream butter, add powdered sugar, finely chopped nuts. Add eggs one at a time, beat well. Sift flour and baking powder and blend with the above ingredients. Roll out dough thinly and cut to any shape desired using a cookie cutter.

Butter cookie sheets. Sprinkle flour very lightly over the butter. Place cookies one inch apart. Bake in a moderate oven 375° until golden brown.

## PIERNIKI (Honey Cookies)

Isabel Wilson

1 c. honey
2 c. all purpose flour
1 heaping tsp. mixed, ground spices (cinnamon, nutmeg, cloves, ginger and black pepper.
1 c. sugar
4 eggs
3 c. rye flour
1 tsp. baking soda

Mix the beaten eggs, honey and sugar thoroughly. Add the sifted dry ingredients slowly, working the mixture into a firm dough. Chill for three days. Roll on floured board to 1/8" thickness. Cut, decorate with whole blanched almonds and bake on oiled and flour sprinkled cookie sheet in moderate oven until nicely browned. Cookies cut 2" x 3".

SPICY COOKIES

Mary Ann Nowak

1 c. soft shortening
1½ c. brown sugar packed in cup
3 c. sifted flour
1½ tsp. cinnamon
3 eggs
1 tsp. soda
½ tsp. cloves

Sift these ingredients together

1 c. raisins
1 c. chopped nuts

Cream shortening and sugar, add unbeaten eggs and mix well. Add sifted ingredients and beat until light and fluffy. Add raisins and nuts. Drop by teaspoonful about 2 inches apart on a greased cookie sheet. Bake about 12 minutes in 400° oven.

From PAN TADEUSZ by Adam Mickiewicz

Translated by George Rapall Noyes

"And those fish! Dry salmon from the Danube, sturgeon, Venetian and Turkish caviare, pikes and pickerel, a cubit long, flounders and capon carp, and noble carp!

Finally a culinary mystery; an uncut fish, fried at the head, baked in the middle and with its tail in a ragout with a sauce."

INTRODUCTION TO FISH!

FISH


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## OYSTERS POLISH STYLE

From Recipes found in the French Almanac

Detach oysters from the shell, drain carefully. Season with salt and pepper. Dip the oysters in beaten egg and roll in flour. Fry in butter on high flame until golden brown. When done, serve on paper napkin with tomato sauce, or any sauce desired.

## PIKE, YELLOW Or BLUE

Marja Wachowiak

Clean pike, cut in small pieces, sprinkle with 1 tsp. of salt and 1/8 tsp. pepper, add 1 onion, cut fine and cover pan. Put in the refrigerator for 2-3 hours so that the seasoning penetrates the fish.

Put 1/8 lb. of butter in a deep dish, add onion cut fine, 1 carrot, 2 stalks celery, 2 tsp. parsley cut fine, 1 bay leaf crushed fine, 4 whole grains of pepper and boil.

PIKE, YELLOW or BLUE (continued)

Add 1 more tablespoon of butter to prevent the vegetable from burning. Add 2 cups of stock (vegetable and herb) mix well and place the fish on top of mixture. Simmer for 1/2 hour on a slow fire.

Take 3 tablespoons of butter and 1-1/2 tablespoons of flour. Place this mixture in separate pieces over the fish, cover and simmer for 20 more minutes. Add small can of mushrooms cut in small pieces and add the mushroom juice, simmer 10 more minutes.

To serve, place the fish in a deep serving dish, cover with the gravy. Garnish plate with slices of lemon and parsley.

SHRIMP

Iza Mikuszewska

2 lbs. fresh shrimp
3 tbsp. fat or lard or salad oil
2 cans condensed tomato soup
1 tbsp. meat stock or bouillon cube dissolved
1 c. sliced onion
½ tsp. salt
1 tsp. vinegar
3/4 c. water
1 tbsp. butter
6 c. cooked rice

Cook shrimp in cold, salt water, enough to cover the shrimp. Cook 5 minutes. Drain, remove shells and black vein running down the back. Prepare by frying the onion in hot fat, in a deep pan, until golden brown and tender. Stir in the other ingredients and the rice. Simmer uncovered for 10 minutes. Add the cooked shrimp. Serve with flaky rice.

STUFFED FISH

Joanna Mikuszewska

Prepare a large fish, when clean, salt, pepper and freeze. When ready to use fish, make a dressing of chopped celery, cracker meal, chopped onion, 2 grated carrots and 1 potato, add salt and pepper to taste. Mix well, add 1 egg previously well beaten.

When well blended, stuff the fish and hold it together with toothpicks. Dip the whole fish in a beaten egg and then sprinkle lightly with flour.

Place fish on a shallow, well buttered pan. At first cover the fish and let it bake for a half-hour in a moderate oven. Take the cover off, top the fish with dabs of butter and let brown for another half hour.

When ready to serve, garnish with chopped parsley and whole small boiled potatoes which were boiled in skins and peeled.

Melt the butter and let the potatoes heat in the melted butter, also sprinkle them with parsley and paprika.

Decorate the fish platter with potatoes and carrots boiled (whole).

"Fish lovers will find
their favorite dish,

And those who feast on bird's eggs,
what they wish."

From FLIS by Sebastian Klonowicz, from the unpublished translation of Marion Moore Coleman.

Pub. 1595

# GAME and FOWL

"Here find unto the rich
varied board,

The leaky dovecote adding tasty board.

See strips of bacon
none beside can match,

Hang from the thatch."

From FLIS
by Sebastian Fabian Klonowicz
1595

Translated
by Marion Moore Coleman

GAME AND FOWL PAGE


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## CHICKEN CUTLETS

Lucille Picciano

Take breast of chicken and other parts which can be pounded and flattened very thin. Place a piece of butter on each slice; add 1/4 tsp. of finely chopped garlic, 1½ tsp. finely chopped herbs, a little salt and pepper to taste. Roll up each slice and tuck ends in. Use toothpicks to hold the meat rolls. Dust lightly with flour, brush with beaten egg and roll in bread crumbs. Put in the refrigerator overnight or at least 24 hours. Fry in hot fat in deep dish.

## CHICKEN MINCE on the HALF-SHELL

Estelle C. Amborski

Cut five sweet peppers in half, lengthwise; remove core and seeds, taking care not to break the sides of the peppers. Soak in cold, slightly salted water for about one hour.

Mince or cut chicken meat; add 1/4 cup fine crumbs, moisten with gravy or sauce, fill peppers, sprinkle with crumbs over the tops and dot with butter.

Bake one half hour in a dish or flat pan until brown, in moderate oven.

From PAN TADEUSZ by Adam Mickiewicz
Translated by George Rapall Noyes

"The gentlemen had their choice of smoked meats; fat half-geese, hams and slices of tongue, all choice, all cured in home fashion in the chimney with juniper smoke."

## CHICKEN in SOUR CREAM

Martha Gurbacki

Cut one chicken into pieces. Wash parts and wipe with a damp cloth. Press chicken in flour. For one chicken use 3/4 cup sifted flour. Take one egg, 4 tablespoons of water and mix well in a bowl. Dip each piece of chicken in the egg batter and the bread crumbs.

In a large skillet melt 1/2 cup of butter. When sizzling hot, put in pieces of breaded chicken and let fry until brown. When browned on both sides, put the chicken into a baking dish and sprinkle with salt and pepper and bake in 375° oven. After one half hour pour a cup of sour cream over it and continue to bake. Add rest of cream (another cupful) and bake until tender. Approximately an hour.

GRAVY: Remove chicken from pan, add 3 tablespoons of butter and melt. Add 3 tablespoons of flour. Mix with melted butter. Add 2¼ cups of milk. Put over open flame and stir to dissolve all browned juice in the pan. Simmer 5 minutes. Season with salt and pepper or paprika.

"Tomorrow or morrow I shall start
And take with me provisions for a feast
Thus making sure betimes our people need
Not fear for a lack of venison and mead."

From GRAŻYNA by Adam Mickiewicz
Translated by Dorothea Prall Radin

## CHICKEN and VEAL CUTLETS

_____ Marcelina Budny

1 chicken
¼ lb. shortening
salt and pepper
½ c. bread crumbs

1 lb. veal
1 onion
2 eggs

Remove the bones from the chicken. Grind the meat with the veal and onion. Add the eggs, bread crumbs and salt and pepper to taste. Mix well, if too thick, add 2 or 3 tablespoons of water. Make small cutlets.

1 egg beaten

bread crumbs

Dip cutlets in the beaten egg then in bread crumbs and fry in very hot shortening.

## FRIED RABBIT

_____ Josephine Schwendner

Boil the skinned rabbit with 1 tbsp. of baking soda for 10 minutes. Drain off and wash well with warm water.

Take 1 tablespoon of butter with 1 medium onion and sauté the rabbit slowly until tender. If dry, add a little water.

Best results are obtained if you cook the rabbit in a Dutch oven or a deep fryer.

ROAST GOOSE

Iza Mikuszewska

Wash thoroughly, wipe, singe, pick pin feathers, already dressed goose. Rub it inside with salt and pepper and a little crushed marjoram or rub it in and out with a clove of garlic.

Quartered or whole apples, stuffed dressing, sour cabbage or any other dressing may be used to fill the goose. Tie feet and wings securely against the body. Prick the goose all over with a fork.

Place it in a roasting pan, breast side up, in a very hot oven 475°. Allow it to remain there for 8-10 minutes in uncovered pan. Drain off the fat, return the goose to the oven for another 10 minutes in the same heat. Repeat the draining process until about the third time. Save the goose grease for future use, in cooking or baking.

Subtracting the 20-30 minutes allowed for draining off of fat, allow about 25 minutes to the pound dressed weight at a temperature of 325°. Baste from time to time until the time alloted for weight of goose is completed. Do not turn goose while roasting.

Make pan gravy by adding enough chicken stock to the liquid in the pan. Skim all fat from the gravy, and allow it to come to a thick boil. Scrape the sides and bottom of the pan and let the gravy reduce slightly before serving. Or, if preferable use a tablespoon of flour, mix well with a little water and stir into the gravy until of creamy consistency.

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VEAL KNUCKLES or VEAL SHANK_Iza Mikuszewska_____45

VEAL SHANK ROLL_____Iza Mikuszewska_____45

MUSHROOMS from PAN TADEUSZ by Adam Mickiewicz

"Of mushrooms there were plenty; the lads gathered the fair-cheeked fox-mushrooms, so famous in Lithuanian songs as the emblem of maidenhood, for the worms do not eat them, and marvelous to say, no insect alights on them; the young ladies hunted for the slender PINE-LOVER, which the song calls the colonel of the mushrooms. All were eager for the ORANGE-AGARIC; this, though of modest stature and less famous in song, is still the most delicious whether fresh or salted, whether in autumn or winter. But, the Senechal gathered the toadstool FLY-BANE."

"The remainder of the mushroom family are despised because they are injurious or of poor flavor, but they are not useless; they give food to beasts and shelter to the insects, and are an ornament to the groves. On the green cloth of the meadows, they rise up like lines of table dishes; here are the LEAF-MUSHROOMS with their rounded boarders, silver, yellow and red, like little glasses filled with various sorts of wine; the KOZLAK, like the bulging bottom of an upturned cup; the FUNNELS, like slender champagne glasses; the round, white, broad, flat WHITIES , like china coffee cups filled with milk; and the round PUFF-BALLS, filled with blackish dust, like a pepper-shaker. The names of others are known only in the language of hares or wolves; by men they have not been christened, but they are innumerable. No one deigns to touch the wolf or hare varieties; but, whenever a person bends down

to them, he straightways perceives his mistake, he grows angry and breaks the mushroom or kicks it with his foot; in thus defiling the grass, he acts with great indiscretion."

Fox-mushroom_____Lisica

Pine-Lover_____Borowik

Orange-Agaric____Rydz

Fly-bane_____Muchomór

Leaf-mushrooms___Surojadki

Koźlak_____Boletus

Whities_____Bielaki

Puff-ball_____Purchawki

Funnels_____Lejki

# MEATS

## BEEF ROLLS

Frances Ruszaj

2 lbs. round steak sliced thin
½ lb. salt pork
1 onion (chopped)
1 or 2 c. warm water
1 or 2 tbsp. flour
salt and pepper
sweet pickles
4 tbsp. butter
or suet

Cut the beef in strips 3" x 5",salt and pepper each piece. Place a strip of salt pork on each, followed by a slice of sweet pickle. Roll up each strip of beef, securing it with a tooth pick.

Melt the butter or suet in a frying pan. Brown the beef rolls from all sides, in the fat. Next, the chopped onion. When well browned add the warm water. Cover and cook slowly on top of the stove or in a slow oven until the meat is tender; add more water when it is necessary. Thicken the gravy with flour paste.

The sweet pickle aids in tenderizing the meat and endowing a rich, dark color to the gravy.

## BEEF STEW

Iza Mikuszewska

Cube 2 lbs. of beef (lean) for four servings. Make a solution of a quarter of red wine and 3 quarters of water, add small onion, carrots, celery, garlic, one bay leaf, three cloves and parsley.

Marinate the meat in this mixture, overnight.

BEEF STEW (Continued)

Take out the meat cubes, sprinkle them with a dash of brandy, salt and pepper, fry them in a pan with finely diced bacon and sprinkle with flour over a brisk fire for 10 minutes.

Pour in a cup of red wine adding mushrooms and small onions. Cook for about 2 hours over a very slow flame, until tender. Add water as desired so that meat is moist. To make gravy, use flour paste.

BEEF á la RADZIWIŁŁ

Marja Wachowiak

Wipe beef with a damp cloth, rub well with olive oil and juice of 2½ lemons. Brown in fat on both sides. Season with salt and pepper on both sides. Use 1/2 glass of water in roasting pan, place in 325° oven. Baste frequently.

In separate dish, fry in butter, 1/4 cup chopped ham, one onion cut in small pieces, add 3 juniper berries, salt and pepper to taste, 1/2 cup of white wine or lemon juice in water and 1 cup of bouillon. Boil, then strain. When the roast is done, remove from the roasting pan and place it on a platter. Pour over the ham sauce (strained) into the roasting-pan, add egg yolks well beaten in cold water. Boil, mixing it constantly until gravy thickens.

Serve gravy separately. Horseradish sauce-colored with beet juice may be used for beef.

BEEF TENDERLOIN á la POLONAISE

Zofia Zakrzewska

Trim beef tenderloin of all suet, rub thoroughly with olive oil. Place slices of onion and slices of lemon over it. Let stand for several hours. Remove onion and lemon, add salt and pepper.

Melt 2 tbsp. of butter in oblong roasting pan, place meat into the pan and brown it. Add 1 pint of sour cream, to which 1 tsp. of flour has been added, and pour over the meat. Cover tightly and roast for 30 minutes. Meat should be rare and not dry. When done, slice it, pour the sauce over it, garnish with parsley or any vegetable desired.

BIGOS from PAN TADEUSZ by Adam Mickiewicz
translated by George Rapall Noyes

"In the kettles they were cooking BIGOS. In words, it is hard to express the wonderful taste and color of BIGOS and its marvelous odor; in a description of it, one hears only the clinking words and the regular rimes, but no city stomach can understand its contents.

BIGOS is no ordinary dish, for it is artistically composed of good vegetables. The foundation of it is sliced sour cabbage, which, as the saying is, goes into the mouth of itself; this, enclosed in a kettle, covers with its moist bosom, the best parts of the selected meat, and is parboiled until the fire extracts from it all the living juices, and the very air around it is fragrant with the aroma.

## BIGOS (Hunters') #1

_____ Zofja Zakrzewska

Put a quart of sour cabbage into a large kettle, add water to cover. Add a handful of dry mushrooms, which have been soaked until soft. Cut in strips, add to the sour cabbage and cook together until tender. Fry 2 large onions in 1 cup of diced pork. Add 2 tsp. of flour, blend and mix with sour cabbage.

Add any left over meats like kiełbasa (Polish Sausage) roast beef, pork, chicken, ham, venison, etc., cut into small pieces, add to the sour cabbage and cook for one hour. Season with salt and pepper to taste, and little sugar if the sour cabbage is too tart. Lastly add one cup of madeira wine, let it come to a boil and set aside to cool. Serve as a soup or entree, before dinner or as a luncheon dish. It keeps well for days. If there are no left-over meats, roast each kind of meat separately.

## BIGOS (Sour Cabbage) #2

_____ Marceline Budny

This is a typically Polish dish and is extremely popular throughout the country. It will keep for weeks, and is a favorite dish for hunting expeditions, being warmed up on a campfire in the forests.

2¼ lbs. sour cabbage
6 oz. any kind meat, cooked, roasted including poultry and game.
1 oz. soaked, dried ham
few tbsp. meat glaze
1 tumbler vodka
1 glass red or white wine
4 oz. pork sausages
1 or 2 apples diced
2 oz. lard
2 tbsp. flour
2 tbsp. tomato puree
1 onion
1 tsp. caramel
salt/pepper to taste

BIGOS #2 (continued)

Wash the sour cabbage and blanch it in boiling water and drain. Melt the lard in a saucepan and when hot, fry the chopped onion until brown, adding the flour. Add some of the meat glaze, tomato puree, vodka and wine. Mix well. Put a layer of sour cabbage in an earthenware casserole, cover with a layer of different meats and sausages, cut in small slices, then add the diced apples. Moisten with a little more meat glaze and wine, continue the process until the casserole is filled. Cover closely and simmer for 2 hours, shaking the casserole occasionally. Set aside and use as required. Unlike most dishes, this one is said to improve the more often it is reheated.

CABBAGE ROLLS (Golabki)

_____Michalina Ragaman

| | |
|---|---|
| 1 lb. chopped beef and pork | 2 eggs |
| 1 c. boiled rice | 1 tsp. salt |
| 1 small onion, chopped fine | ¼ tsp. pepper |

Combine the above and mix well. Cut out the center core of 1 large head of cabbage. Scald with hot water for a few minutes. Separate the leaves. Fill the leaf of cabbage with the meat mixture and roll them. Fasten the roll with a toothpick. Arrange the rolls in a saucepan.

Strain a large can of tomatoes and put over the cabbage rolls. Cook about 1½ hours. When done, thicken the remaining liquid with 1 tbsp. of flour. and one tbsp. of bacon fat.

## CUTLETS (Boiled)

_____ Angela Mary Siudzinska

1 lb. beef ground
1 lb. pork
salt/pepper to taste
3 eggs
1 c. bread crumbs
½ c. sweet cream

Mix ingredients together. Make small round balls and boil in hot water, like noodles. Take out of water, drain and pour browned butter and sweet cream over the meat balls.

## INDIVIDUAL MEAT LOAVES

_____ Josephine Schwendner

1 lb. ground meat, one-half beef, one half pork
4 slices of bread soaked in water or milk
1 whole egg
salt/pepper to taste
1 medium onion, fried soft in 1 tbsp. butter

Mix ingredients thoroughly and shape into small or large meat loaves. Bake in oven, when half done, add 1/4 cup ketchup, fill up to 1/2 cup milk and pour over the meat loaves. Bake one hour.

If desired, pour off the fat, add water and flour and make gravy. Strain and serve.

## LAMB STEW

Genevieve Picciano

5 lbs. shoulder of spring lamb cut into 3 inch squares. Season with salt and pepper to taste and a little garlic, one bay leaf.

Place in a roasting pan or iron pan and brown the meat to a golden brown. Sprinkle with a little flour and add enough beef stock to cover the meat. Let simmer for 50 minutes, then add a few small carrots, few small onions, four sliced parsnips, five ripe tomatoes or leave out the tomatoes if you wish a brown gravy and use water to baste. Gravy made with flour and water paste.

Serve with rice, small potatoes or noodles.

Noodles - (refer to page 95)

## MEAT BALLS

Aileen Galbo

1 lb. ground beef and pork
3/4 c. grated cheese
1 c. bread or cracker crumbs
½ tsp. garlic salt
½ tsp. onion salt
½ tsp. crushed mint leaves
½ tsp. crushed parsley
1 onion chopped fine
1 clove of garlic chopped fine
1 egg
salt/pepper to taste
½ tsp. celery salt
½ to ¼ c. water

Make a well in the meat and add all dry ingredients, including the egg and mix thoroughly, then add the water slowly until consistency is right for shaping small balls. Fry lightly on both sides than broil in the pan until done.

## MEAT ROLLS (Cabbage)

Jennie M. V. Smokowski

1 large head of cabbage
1½ c. ground, round beef
2 c. thick boiled rice
salt and pepper
2 eggs
¼ lb. butter or margarine
sour cream (optional)

Select a large, fresh, dark green, loose leaved head of cabbage. Immerse it in boiling water, cover and allow to stand for 10 minutes.

Make a mixture of the ground meat, the boiled rice, raw eggs and 1/8 lb. melted butter. Salt and pepper to taste.

Take cabbage head out of water, cut the leaves around the stem and carefully separate them so as not to tear them. If the lower leaves are thick and unbendable at the base, pare the central veins with a knife until they are pliable.

Fill each leaf with a generous tablespoonful of the meat mixture and fold it neatly over the meat.

Arrange the rolls, thus formed, around the bottom of the roaster into which 1/8" of water has been poured. Dot the cabbage rolls with butter and cover with the remaining leaves so as not to expose the rolls. Cover the roaster and bake for 1½ hours, in 350o oven.

After the rolls are taken out, the gravy may be made by thickening the liquid in the roaster with the flour, sour cream and seasoning.

PIEROGI (Meat)

Martha Dąbrowska

2 eggs
2½ c. flour
¼ c. water

The dough is rolled out and cut into 2 inch squares filled with a meat mixture and turned over to make a triangle.

MEAT FILLING for PIEROGI

1½ c. finely ground beef
2 tbsp. bread crumbs
1 small onion
1 egg
¼ c. butter
salt and pepper

Mix meat, bread crumbs and egg. Fry the grated onion in the butter until light yellow and soft. Stir ingredients together and when cool, fill the little squares of dough.

Large kettle of water - boiling hot. Add salt to water and when it reaches a rolling boil, POP the PIEROGI into the hot water. Boil about ten minutes. Take them out, drain, put on a platter and pour onions fried in a quarter pound of butter.

Bread crumbs fried in butter may also be used.

## PORK LOIN with DRESSING

_____ Martha Gurbacki

6 lb. piece of pork loin. Have it cut down to the blade but not all the way through. Shape to form a circle and pin ends together. Fill the center of the loin with dressing.

DRESSING:

8-10 slices of bread soaked in milk and squeezed dry
½ c. diced celery
1 minced onion
4 tsp. salt
2 tsp. pepper
2 eggs

Put in a frying pan, 1/4 c. butter. When melted add onion and celery. Let simmer for a few minutes. Pour into bread mixture and mix well. Fill center of the loin and put in 325° oven for 1 hour. Then, take 1 clove of garlic minced fine and salt and pepper to taste and put over the top of pork with 1/2 c. water. Increase heat to 375° and bake until a fork inserted comes out quickly, the meat is ready to serve. Put a few carrots for decoration, when serving.

## PORK NOODLE CASSEROLE

_____ Zofja Hartman

Boil in salt water, desired amount of noodles 3/4" wide for a few minutes. (Not completely done). Drain, set aside in collander.

Wash, dry, cut into cubes pork butts or loin (small sized cubes are best) fry with onion until brown, add water, broil until done. Mash one can of tomatoes or fresh tomatoes in a casserole. Put the noodles into the casserole, mix with the tomato sauce. After the meat is done, mix with the above mixture. Season to taste.

PORK NOODLE CASSEROLE (Continued)

Either sprinkle grated cheese over the surface or place thin slices of cheese over the entire surface until the noodles are completely covered. Place in 350o oven and bake until brown. Serve.

VARIATIONS: Shrimp may be used in the same way except that bouillon should be used for stock.

EGGS may be used with the noodle casserole except that depressions should be made in the noodle base and a raw egg dropped into each depression. Desired amount must be determined by the cook. Sprinkle cheese over the SHRIMP or EGG casserole.

ROLL MOPS

Joanna Mikuszewska

One large slice of round steak, cut very thin (about 1/2" thick) salt and pepper, a little flour sprinkled while pounding the steak. Cut the meat into pieces 5 inch square.

DRESSING or FILLING:

¼ lb. bacon cut fine, fried to golden brown
1 c. bread crumbs
salt and pepper
1 carrot chopped fine
1 medium onion
pinch of paprika

Fry the above ingredients until slightly brown. Cool, fill the meat squares. Roll each one, tie with string, thread or use toothpicks to hold them together. Fry in hot butter or shortening just enough to brown all sides. Place in deep pot, cover with meat stock or water and let simmer slowly. Add mushrooms if desired. Gravy with flour paste or sour cream.

## RUMP STEAK

Iza Mikuszewska

Place a rump steak, seasoned with salt and pepper, well larded with fat in roasting pan lined with strips of bacon.

Over the steak place a few filets of anchovies, spices, a clove of garlic and two chopped onions. Pour over this a glass of white wine, or lemon juice dissolved in water to make a glassful of lemon flavored water. Roast from 2-3 hours in moderate oven frequently basting the roast. The sauce is strained before serving, buttered and thickened with flour.

Baked potatoes or potatoes cooked in skins and fried slightly in butter until golden brown may be served.

## SPARERIBS (Baked)

Zofja Hartman

4 lbs. of spareribs (serves 6)

Wipe meat with damp cloth. Sprinkle with salt and pepper, place in a large baking pan or roaster. Cover and bake in moderate oven, 350° for about 2-1/2 hours. Remove the cover during the last 30 minutes of baking in order to brown the meat. Serve with potatoes and vegetable or -

Use can of sour cabbage which has been washed in cold water and drained, place on the bottom of the roasting pan, put spareribs on top of the sour cabbage, add a cup of water and roast as directed above. Serve with baked or boiled potatoes.

VARIATION: Tomatoes fresh or canned may be also used if desired.

## SWISS STEAK

Joanna Mikuszewska

1 slice of round steak

Pound steak on both sides using salt, flour, pepper and paprika while pounding the steak.

Melt 1/4 lb. of butter. Cut onion into thin slices and fry until transparent. Add 1 quart of home canned tomatoes or 4 fresh ones.

Let the above mixture simmer for 1/2 hour. Pour on top of the well floured steak. Cover steak with one or two slices of fried bacon.

Cover the steak with 2 cans of tomato paste. Cover and put it in the oven. Bake it for 2 hours in a slow oven 350°.

Serve with mashed potatoes. No gravy is needed.

## TONGUE in RAISIN SAUCE

Josephine Stachowiak

Cook tongue in water seasoned with salt, onion, celery, parsley, carrot and whole peppers until tender. Cool and remove skin.

RAISIN SAUCE:

1 tbsp. butter
1 whole clove
1 c. tongue broth
2 tbsp. currant jelly
1½ tbsp. flour
juice ½ lemon
½ c. seedless raisins

Blend flour and butter, add cooled broth and stir well until blended. Add other ingredients and simmer about 5 minutes. Add sliced tongue and cook slowly until hot. Serve.

VEAL KNUCKLE or VEAL SHANK

_____Iza Mikuszewska

KNUCKLE- take joint, cut into 1/2 inch pieces, roll them in flour, seasoned with salt and pepper and fry in a large frying pan, in bacon grease or butter.

When well browned on all sides add 1 clove of garlic chopped fine, 1 carrot diced thinly, grated rind of 1/2 lemon, chopped parsley, 1 cup of white wine, add meat, chicken or beef bouillon stock, enough to cover the meat. (Tomato puree may be added but is not essential.)

Bring to a boil, simmer gently by reducing heat, covered for about an hour or until the meat is ready to fall off the bones. Remove the lid for a few minutes to let the juice reduce and become slightly thickened. Serve with hot, boiled rice or mashed potatoes.

Shank may be prepared in the same way except that either may be placed in a Dutch oven, (iron pot) instead of a roaster or frying pan.

VEAL SHANK ROLL

_____Iza Mikuszewska

Take two veal shanks, cut in half; pound well and flatten surface of both. Lay them on the table and season with salt and pepper, sprinkle lightly with flour on both sides and fill with the following dressing:

## VEAL SHANK DRESSING

Bacon cut in fine strips (about 8 pieces). 1 large sized onion cut fine and fried with the bacon. Add bread crumbs, judging by the size of the veal shanks, how much it will hold. When the bread crumbs are slightly browned in the bacon grease, remove from the frying pan and place in a bowl. To this mixture add one clove of crushed garlic, one egg and mix thoroughly. Remove from the bowl, put dressing in the veal shank which has already been seasoned on both sides, place mixture firmly in the center, cover with the other shank and tie the two shanks with a thread, making a roll.

Sprinkle the roll with flour seasoned with salt and pepper (lightly), put in a frying pan in which grease has been heated, fry until brown on all sides. Add a stalk of celery, one whole onion, a tiny dash of nutmeg and roast until tender in 375° oven.

Serve with home made noodles, potatoes or flaky rice.

NOODLES - refer to page 95

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# PASTRIES

## BABKA (Baking Powder)

Clara Rozumalska

½ lb. butter
2 c. sugar
5 eggs
3/4 c. milk
3 tsp. baking powder
1 tsp. vanilla
½ tsp. salt
3 c. flour

Cream butter well and add sugar gradually.

Add yolks one at a time, beating well after each addition. Sift flour with baking powder and salt, and add alternately with milk; add vanilla.

Fold in well beaten egg whites. Place in a tube pan or a Babka form and bake at 350° for 60 minutes. One-half cup chopped walnuts may be added.

## CHOCOLATE TORT

Valentine Janta

½ lb. butter
½ c. sugar
3 c. flour
1/8 lb. heated chocolate

Make dough from ingredients and bake in 3 equal sized pans, in moderate oven. Take out tort carefully and put away to cool.

1 pint heavy cream
2 tbsp. sugar
1/8 lb. heated chocolate dissolved in 4 tbsp. milk.

Beat cream, add in succession sugar and chocolate, spread over tort and put in refrigerator for several hours.

From KUPIEC by Mikołaj Rej

Published in 1549

"..... wymyślane posty,
Dla których więc człowiek prosty
Mniema, iż wszystko złe myje,
Iż jadł grzanki, wodę pije.

Tak miękko posłał swej duszy;
Całą noc pił a w dzień suszy,
Piecze, smaży, za swe winy,
By miał czynić przenosiny.

Bowiem ony rosołowie
Flegme mnożą i niezdrowie.

Lepsze owe przypieczone
A rozynki położone,
Obierane i smażone,
Zwłaszcza iż grzech jeść warzone:

Więc wino białe, czerwone,
Złe też piwo, iż warzone;

Więc podlewy, ostre pieprze
To nie grzech też, nawarz jeszcze,
Torty, figi, marcypany,
Rozłoże więc wszystki kramy;

Tak się karmie będą mienić,
Mógłby się więc ktoś ożenić.
A cóżkolwiek wymyślają
To wszystko świętym oddają."

## CHEESE TORT

Marcelina Budny

2 lbs. cottage cheese
¼ lb. butter
½ c. orange rind
½ c. white raisins
2 tsp. vanilla
8 eggs
½ lb. sugar
½ c. chopped almonds
1 jigger of rum

Cheese must be well pressed, squeeze out all moisture, press it through a sieve, add butter. Beat until fluffy, adding one egg yolk with a little sugar each time. When all is well beaten, add vanilla, rum, orange rind, raisins and almonds.

Beat the egg whites until stiff, fold into the cheese mixture. If mixture seems too moist, use 6 egg whites.

Pour into a tube pan, bake for one hour in a hot oven.

## CHRÓŚCIKI (Old fashioned)#1

Joanna Mikuszewska

¼ lb. butter
1 c. sugar
1 tsp. salt
½ c. milk
juice of ½ lemon
3 eggs
2 c. flour
3 tsp. baking powder
grated rind - 1 lemon

Cream butter well, add yolks of eggs. Beat the whites, add to the mixture. Add salt, milk and lemon rind and juice. Mix well until blended. Add flour, enough to roll. Cut into strips 4" x 2" wide. Fry in deep fat. Drain. Sugar them while warm.

## CHRÓŚCIKI #2

Josephine Schwendner

4 egg yolks
1 egg white
1 c. powdered sugar
2 tbsp. melted butter
2 tbsp. sour cream

Beat egg yolks until very light. Add well beaten egg white. Add powdered sugar and melted butter, mix well until blended. Stir in the sour cream and if too soft, to roll out, add a scant tablespoon of pastry flour.

Roll out thin on a well floured board. Cut into 2 inch strips. Slash across each strip through the center and pull one end of the batter through the slash to make a bow.

Fry in deep, hot fat until golden brown. Drain on absorbent paper and when cool, sprinkle with powdered sugar.

## CHRÓŚCIKI #3

Stephanie Pawłowska

4 eggs (medium size)
1 c. flour

Separate yolks and whites. Put yolks in one bowl, put 1 white in one bowl. Store 3 whites for other use.

Beat yolks until very light. Beat the one white and add to the beaten egg yolk. Sift flour slowly into egg mixture, until all is used.

Knead well on flour board and form into a ball. Cut in 4 pieces. Roll out one piece at a time. Cover balance of pieces so they will not dry.

First piece is cut into strips about 1-1/2" wide with a fancy old fashioned cutter, then cut each strip 4 inches long, cut diagonally. Cut each 4" strip in the middle about an inch. Take one end of strip and pull through the slit. Fry in deep fat, medium hot. When done on one side, turn and fry the other side.

Remove from fat and place on paper towels to remove excess fat. Powder well with confectioners sugar.

## CHRÓŚCIKI #4

Helen Zbieranska

2 egg whites
2 whole eggs
1 tbsp. sugar
½ tsp. rum or brandy
3 tbsp. sour cream
½ tsp. salt
2 c. sifted pastry flour

Beat egg whites, eggs and sugar. Stir in sour cream and salt. Add flavoring and flour to make a soft dough. Divide dough in small pieces. Roll each piece paper-thin on a well floured board. Cut into strips 1-1/2" x 4". Slash each strip lengthwise at the center for about 3/4". Slip one end through the slash and pull gently to make a bow.

Fry in hot fat, about 375° until just a very light brown. Drain on absorbent paper and when cool, dust with powdered sugar.

CHRUST

Josephine Stachowiak

4 egg yolks
1 whole egg
½ c. heavy cream
2 level tbsp. 4x sugar
1 tbsp. brandy
1 tsp. vanilla
2 c. flour
¼ tsp. salt

Beat yolks and egg, add sugar, salt, cream and flavoring. Add flour and knead on a floured board. Roll thin, cut into strips and make knots. Fry in deep fat, until lightly browned and sprinkle with powdered sugar and cinnamon when cold.

DAINTY BOW-KNOTS

Stacha Kluczycka

9 egg yolks
1 whole egg
2 tbsp. sugar
2 tbsp. melted butter
dash of salt
2½ tbsp. cream or evaporated milk
2 c. sifted flour
½ tsp. vanilla

Place egg yolks and whole egg in a large bowl. Beat slightly. Stir in sugar, then butter and milk. Add flour gradually, then vanilla and salt. Mix well. This makes a stiff dough. Dust board and rolling pin with flour. Roll out dough paper thin.

Cut into long strips one inch wide. Cut strips into three inch lengths. With a knife make a one-inch slit in the center of each three inch strip. Pull one end of strip through slit, forming a loose knot. Fry quickly in deep hot fat, about a half-minute on each side. Drain on brown paper. Cool. Dust with plenty of powdered sugar

KRUCHE CIASTKA (Crisp pastry)

Sophia Schoen

1 c. butter
2 c. flour
½ c. sugar
cherries
¼ lb. shredded almonds
rind 3/4 lemon

Mix flour, sugar, lemon rind, add butter, cut it in with a knife and work it with your hands until smooth. Roll out thin and cut with a cookie cutter.

To decorate spread cookies with a white of an egg, put around the edge the shredded almonds, then place the cherries in the center.

Bake in 375° oven for ten minutes.

"While bees unto their hives
with zealous care
Sweet plunder bear"

From FLIS by Sebastian Fabian Klonowicz

From the unpublished translation of

Marion Moore Coleman
Pub. 1595

MAZUREK #1 (White)

Clara Rozumalska

½ c. butter
4 egg yolks
1-1/3 tsp. baking powder
5 tbsp. milk
1 c. sugar
1-1/3 c. sifted flour
½ tsp. salt

Cream butter thoroughly and add sugar. Cream well. Add yolks one at a time, beating after each addition. Add flour which has been sifted with salt and baking powder, alternately with milk. Spread in a shallow well-buttered pan. On top of cake, spread the following:

4 egg whites beaten stiff
¼ c. shredded almonds
1 c. sugar

Add sugar to the stiffly beaten egg whites. Spread on top of cake, and sprinkle with shredded almonds. Bake in a slow oven, about 325° for 25 minutes, and increase temperature to 350° for 30 minutes longer. When slightly cool, cut in diamonds.

MAZUREK #2

Valentine Janta

2 eggs
1 c. flour
grate lemon rind
almonds
½ c. sugar
½ lemon juice
currants

Beat eggs with sugar for 15 minutes. Add lemon juice and rind, add flour and mix well. Spread thinly on a cookie sheet, well greased and sprinkled with flour. Put on top cut almonds, currants. Bake in a moderate oven about ten minutes. Cut in squares while still warm.

MAZUREK #3 (Festive)

Irene Rozumalska

1 c. egg yolks
1 c. butter
3 c. flour

Beat egg yolks and sugar. Cream butter and add to yolks. Add sour cream. Add well sifted flour and salt. Cream for 1/2 hour and let stand in refrigerator over night. Next day roll out thin. Cut out with fancy cutters and place on oiled paper.

Prick each cookie and paint with egg yolk. Sprinkle with finely ground nut meats and cover with boiled frosting. Brown lightly in moderate oven and when cool decorate with jam.

MAZUREK #4

Josephine Stachowiak

1 lb. shelled, blanched almonds
1 doz. bitter almonds
1 lb. sugar
1 tbsp. sour cream
1 lb. butter
6 whole eggs

Put almonds through food chopper using fine blade. Blend well with sugar. Cream butter and add almond mixture. Beat eggs in gradually and add sour cream. Shape into forms and bake on an ungreased sheet at 350° until lightly browned. Frost when cool.

MAZUREK #5 (Filled)

_____ Clara Rozumalska

3 c. flour
½ tsp.
1¼ c. butter thorou
3/4 lb. ks one at a
ur which '

3 egg yolks
1 whole egg
1 tbsp. lemon juice

Mix above ingredients as for pastry. Put aside 1/4 of this mixture to be used for topping. Place the rest on a well buttered (small size) cookie sheet and spread out thin. (May be rolled out on the sheet easily with the side of a floured glass).

Spread with jam or preserves, preferably raspberry or pineapple or apricot. Sprinkle with a cup of ground walnuts.

TOP: Pinch off pieces of pastry, roll in palm of hand to make a string and place same over jam, criss-cross, diagonally from side to side.

Bake at 350° until lightly browned. When cool, cut in diamond shapes or squares.

OBLIZANKA

_____Marcelina Budny

DOUGH:
3/4 c. sugar
3 egg yolks
8 tbsp. flour (heaping)
¼ lb. butter

Knead dough and bake in a slow oven for 30 minutes.

FILLING:

1 lb. sugar
1 c. cream
¼ lb. butter
2 tsp. vanilla

Boil sugar, cream, butter and vanilla until it thickens. Stir frequently to prevent it from burning. Pour a little on a plate, if it congeals, it is done. Pour into a porcelain dish and beat. When it begins to harden, immediately pour over the baked dough.

ORANGE PASTRY

Marcelina Budny

6 eggs
6 tbsp. sugar
1 c. orange rind preserve
6 tsp. flour
½ c. raisins
½ c. chopped nuts or almonds

Beat the egg yolks and three tablespoons sugar. Then add flour, mix well. Beat whites and fold in rest of the sugar. Fold the egg white mixture into the egg yolks. Then, very carefully add the orange rind preserve, nuts and raisins so that the dough does not fall.

Put in a greased pan and bake half an hour at 350°, then raise the heat and bake 10 minutes more, or until it comes off from the sides of the pan.

FROSTING: Make frosting from confectionery sugar, rum and lemon juice to thin it. Pour over pastry when it is cold.

SERNIK (Cheese Cake)

Martha Dąbrowska

Cream 4 tbsp. butter, add
2 tbsp. lemon juice

2 egg yolks
3 tbsp. water

Then add sifted together:
1/3 tsp. salt

½ c. flour
1 tsp. baking powder

Shape the resulting dough into the bottom of the eight inch square pan about two inches deep. Pour this filling over it.

FILLING:
¼ c. flour
¼ c. cream
1½ c. sugar
1 tbsp. lemon juice

3 c. cottage cheese
½ tsp. salt
6 egg yolks
1 tbsp. butter(melted)
2 tbsp. lemon rind (grated)

Mix and fold in six stifly beaten egg whites, then pour over the dough in the pan. Sprinkle almond slices and bake in a slow oven 325° for about an hour or until it is firm and brown.

TORT

Jena Pawłowska

1 lb. sweet butter
2 c. flour

½ c. sugar

Mix sugar with flour and work it into the butter. Press into 2 cake pans. Bake in 400° oven about 20 minutes. Spread apricot preserves between layers.

WALNUT TORT

Mary Wołoszynska

1 lb. walnut meats (ground 3 times)
1 c. granulated sugar
16 eggs separated
1 scant c. cake flour

Mix together walnut meats with sugar and add 2 or 3 egg yolks at a time, beating well after each addition, until 16 yolks are used. Fold in the well beaten egg whites and flour.

Bake in a well buttered square pan lined with wax paper for 1 hour at 350° for the first 10 minutes, increasing temperature to 375°. Do not allow the cake to get too brown.

When baked, any frosting may be used, but it is best served sprinkled with powdered sugar.

"Eating, drinking, smoking, laughter,
Revelry and wild to-do.
They shake the inn from floor to rafter
With huzzahing and haloo."

From PAN TWARDOWSKI'S WIFE by Adam Mickiewicz

Translated by Dorothea Prall Radin

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## BARLEY SOUP

_____Gena Wylegala

Cook 1 cup barley in 1½ cups of water with 1 tbsp. butter and ½ tsp. salt for 1½ hours. Add more water if needed (a little at a time.) 15 minutes before serving, add 4 c. of beef broth and let simmer. Add minced fresh parsley and chives (do not omit these) and serve.

## BEAN SOUP

_____ Jane Mazurowska-Gombault

3 large onions 4 tbsp. butter

Put a slice of onion in heavy iron skillet, fry slowly until slightly browned.

Clear rich beef stock 1 lb. beans

Place in a large soup pot with salt and pepper. Simmer until the beans are done but not mushy. Serve with croutons and sharp dairy cheese.

## CHERRY SOUP

_____ Bertha Franiukiewicz

1 qt. sour cherries (stones removed) 1 c. sugar
1 tsp. ground cloves ½ tbsp. flour
½ pint sour cream 1 tsp.cinnamon

Wash and stone cherries; add cinnamon, cloves and water to barely cover cherries. Boil until soft enough to force through a sieve. Mix flour with sugar and add to strained juice stirring well. Boil a few minutes. Chill. Pour into sour cream and blend. Serve with croutons.

CORN CHOWDER

Helene Chludzinska-Millroy

1 can crushed corn
1 tbsp. butter, melted and slightly browned with
1 tbsp. flour
1 quart milk

Heat the milk almost to the boiling point, add the can of corn. Add the browned butter and flour and bring to a boil. Serve at once. Salt and pepper added to taste.

CREAM OF MUSHROOM SOUP

Helen Rozan

1 lb. fresh mushrooms
½ c. sweet cream
salt/pepper to taste
4½ c. milk
4 tbsp. butter

Wash mushrooms in lukewarm water. Slice stems and cut the cups in quarters or smaller, depending on the size of the mushroom. Heat milk, add mushrooms, cook 15 minutes. Add flour and butter mixed to a paste. Continue cooking for 5 minutes stirring frequently. Add cream, salt and pepper to taste. Serve hot.

CREAM OF SORREL SOUP

Zofia Malik

½ lb. sorrel
1 or 2 hard boiled eggs
1 tbsp. butter
white sauce

Clean the sorrel and scald it. Chop fine. Fry in butter until tender. Make a white sauce and add more milk or cream to make it the consistency of cream soup. Add chopped hard boiled eggs & serve.

CZARNINA (Duck Soup)#1

_____Jena Pawłowski

½ lb. dried prunes
½ lb. dried pears
pinch of marjoram
1½ lbs. pork shoulder
parts of duck, such as neck, wings, etc.
½ lb. raisins
salt to taste
few cloves
bay leaves
duck's blood in vinegar

Place in a large kettle and fill with water. Cook until tender. Take out fruit and put through sieve. Add this strained juice to the kettle. Take the duck's blood to which vinegar has been added, add enough flour to make a thin paste and add it to the soup and bring to a boil.

CZARNINA (Duck Soup)#2

_____Rozalia Rozan

1½ lbs. spareribs or pork shoulder
duck trimmings and blood
1 celery stalk
1 bay leaf
1 stick cinnamon
½ lb. dried prunes
2 pears (when in season) or
½ c. apple sauce or jam
1 carrot
½ onion
2 cloves
salt to taste
2 apples

Put meat and trimmings into kettle with about 7 cups of water. Add carrot, celery, onion and spices. Let boil almost tender. Take out the meat, strain the soup, into which you put back the meat and fruit, let boil until tender.

CZARNINA (Duck Soup)#2 (Continued)

Take the duck's blood to which the vinegar had been added, blend with 1 tbsp. of flour and a few spoons of the hot soup, pour it into the soup and stir until it comes to a boil. Sweeten to taste. Serve with KLUSKI (Noodles).

For KLUSKI turn to page 92

FAVORITE SOUP

Iza Mikuszewska

1½ lbs. crabmeat in chunks
1 qt. milk or light cream
1 tsp. Worchestershire sauce
1 grated lemon peel
2 hard boiled eggs
2 tbsp. butter
1 tbsp. flour
½ c. sherry
salt/pepper to taste

Blend butter and flour in a double boiler, add mashed eggs, lemon peel, then add milk or cream and stir until it thickens. Add the crabmeat, let it simmer for 5 minutes, then add the seasoning.

Just before serving, stir in the sherry and heat again. Serve with croutons or toasted cheese tidbits.

FISH SOUP

Frances Ruszaj

3 tbsp. butter
6 small fish-heads
6 whole allspice
2 qts. water
½ pint sour cream
1 onion
4 carrots
3 stalks celery
salt/pepper to taste

FISH SOUP (Continued)

Sauté vegetables and fish heads in butter. Add water and seasoning. Cook until carrots are tender. Thicken with paste made with 2 tbsp. of flour and water. Strain all through a sieve. (Reserving carrots for mashing.)

Bring stock to a boil and drop noodles from tip of teaspoon into the boiling soup. (Refer to Drop Noodles on page 94.) Add the mashed carrots. Take a cup of hot soup, pour it slowly into the sour cream, stirring until the soup and cream are well mixed. Add this to the balance of soup.

A teaspoon of lemon juice and very finely chopped parsley add zest and color to the soup.

NOODLES. Page 95

KAPUŚNIAK (Cabbage Soup)

Martha Dąbrowska

½ lb. lean pork
2 medium sized tomatoes or
1 c. canned tomatoes
6-7 c. cabbage cut fine
¼ c. water
salt to taste
1 large onion
1 qt. hot water
2 tbsp. flour
1 tsp. paprika
1 c. sour cream

Cut pork into tiny pieces. Chop onion fine. Brown the meat in a small amount of fat, add onion and stir until onion is clear. Put the above mixture in the cooking pan, add tomatoes, hot water, cabbage, and salt to taste. Cover pan and cook until meat and cabbage are tender, about 1 hour. Make a paste of the flour, water and paprika. Just before serving, add the sour cream.

MEAT-BALL SOUP (Klopsy)

_____Jennie M.V. Smokowski

1 lb. ground round beef
3 hard rolls or stale bread
salt and pepper
3 whole allspice,
bay leaf, celery leaves, parsley
3 eggs
1 c. milk
1½ qts. boiling water

Soak rolls or stale bread in milk until a paste can be made. Mix with ground beef and eggs. Season to taste and form into balls.

Drop balls into boiling water, one at a time, so the water does not stop boiling. As soon as the balls float to the top, reduce the heat and add the soup ingredients: allspice, bay leaf, parsley, celery leaves, salt and pepper. Simmer gently for 1½ hours.

Thicken the soup with flour, sweet cream and an egg yolk. Serve with boiled potatoes.

ZUPA NIC (Nothing Soup)

_____ Stephanie Pawłowski

2 eggs
2 c. milk

Beat the egg yolks and whites separately.

Heat the milk and slowly add the beaten yolks so they do not curdle. Then add the whites by tablespoonfuls very lightly so they float on top of the milk.

Add a pinch of salt and sugar to taste. To change the flavor, you may use cinnamon or nutmeg or vanilla.

## OLD-FASHIONED POTATO SOUP

_____ Joanna Mikuszewska

2 large potatoes
1 tbsp. salt
1 qt. water
1 bay leaf

Dice the potatoes very small. Let the potatoes boil on a low fire until tender. Take out the bay leaf which was boiled with the potatoes.

Cut very fine, one medium onion. Warm one tablespoon of butter, fry the onion until golden brown. Add the onion to the soup. Bring the soup to a good boiling roll. Mash potatoes if desired. Serve with crackers.

## POLISH BARSZCZ (Boćwina z Wołowina)

_____ Jennie M. V. Smokowski

2 lb. stew beef
1 large bunch beet-greens with beets attached
½ pint sour cream
1 tbsp. salt
2 egg yolks
2 tbsp. flour

Cover 1-inch cubes of beef with 2½ quarts of water; add salt, and boil slowly for 1½ hours, tightly covered.

Wash beet-greens and cut up fine, pare the beets and cut into 1-1/2 inch x 1/4 inch strips. Add the strips and the greens to the boiling beef and keep on boiling slowly for 1 hour longer. When done, thicken the soup with a mixture of sour cream, egg yolks and flour. Serve with drop dumplings.

LANE KLUSKI (Drop Dumplings) on page 94

## POLISH MUSHROOM SOUP

Michalena Ragaman

¼ lb. dried mushrooms, shredded
1 qt. water
½ pt. sour cream
1 pt. milk
1 tbsp. flour

Soak mushrooms, then boil until soft.

Mix milk, sour cream and flour. Salt to taste. Cook on low heat stirring constantly until smooth. Add to the boiled mushrooms and blend well. Soup may be served with potatoes, macaroni or just bread and butter or crackers. Serves 5.

## SORREL SOUP

Jennie M.V. Smokowski

2 qts. sorrel leaves
1 pt. water
4 tbsp. flour
salt and pepper
1 pt. sweet cream
2 tbsp. butter
2 eggs
1 c. milk

Wash and chop sorrel leaves coarsely. Melt the butter in the soup pot and add the leaves. Cook for about 5 minutes, stir to prevent burning. Add the cold water and boil 30 minutes over low heat.

Make paste of one cup of milk and flour and boil until it thickens. Take off the fire and add cream, beaten eggs, and seasoning. Add to the sorrel mixture and serve.

## SORREL SOUP with MEAT STOCK

Zofia Malik

¼ lb. sorrel
½ pt. sour cream
1 qt. seasoned stock

Rinse the sorrel and chop fine. Put the sorrel in the seasoned stock and cook until tender. Add 1/2 pint of sour cream. Serve with croutons.

## SPLIT PEA SOUP

Estelle C. Amborski

Take a ham bone and boil in a kettle, add 1 cup of split peas, one large onion, one carrot, cut fine, for taste and color, two stalks of celery, cut fine, nutmeg, salt and pepper and bay leaf. Stir often.

## STRING BEAN SOUP with LAMB

Jennie M.V. Smokowski

2 lbs. lamb stew (boneless)
1 lb. tender green string beans
pepper to taste
thick sweet cream
1 sliced onion
2 tbsp. salt
2 egg yolks
2 tbsp. flour

Cover meat with 2 quarts of water, add onion, salt and pepper, and boil slowly for 1 hour, tightly covered. Slice the string beans paper thin, add to the lamb and continue boiling for one hour longer. Thicken with egg yolks, thick sweet cream & flour.

## TOMATO SOUP

Josephine Schwendner

Make soup stock of 2 lbs. of pork bones or pork. Add 1 onion, medium size, a tablespoonful of salt and 1 small bay leaf.

Boil until meat is tender. Take out the meat, add 4 large tomatoes cut in small pieces. Boil until tomatoes are very soft.

Mix 2 tablespoons of flour with water to a smooth thickening as for gravy and stir into the cooked mixture. Boil for 2 minutes. Add 2 tablespoons of sour cream, mix well. Strain and serve immediately. Serve with crackers, croutons or plain.

## SPEEDY SOUP (Barszcz)

Zofja Zakrzewska

1 tbsp. melted butter 1 tbsp. flour
Blend these ingredients together.

Add slowly, 2 cups of milk and bring to a boil. Dilute this with 2 cups of water.

Use about 12 small beets (previously boiled) cut in squares, add salt to taste, 1 small onion quartered, bring to a boil.

Lastly add 1/2 pint of sour cream, if desired, add 1 teaspoon of vinegar. If you want a richer taste, add one bouillon cube. Serve with crackers or croutons. Serves 6.

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-The term SOUR CABBAGE is used for SAUERKRAUT-

"Here too is found the food Italians prize,
The lettuce, dewy fresh before our eyes."

From FLIS by Sebastian Fabian Klonowicz

From the unpublished translation of Marion Moore Coleman

Pub. 1595

# VEGETABLES

"Such mushrooms here the
gourmand to his taste,

Will find, as whitened
once the Armenian waste,

Of Ararat, where sank the
Ark to rest,

Atop its crest."

From FLIS by Sebastian
Fabian Klonowicz
From the unpublished
translation of
Marion Moore Coleman

## ASPARAGUS á la POLONAISE

Clara Rozumalska

1 or 2 cans of asparagus
1 c. buttered bread crumbs
¼ to ½ c. sour cream

Drain asparagus, lay in single layer in baking dish. Cover with buttered bread crumbs or roll each piece in crumbs. Add sour cream and bake at 400° oven until crumbs are golden brown.

## ASPARAGUS POLISH STYLE

French Almanac

Cook asparagus in salt water. When cooked to right consistency, drain, place on a platter, sprinkle tips of each row of asparagus with chopped egg yolk and parsley. Keep hot. Before serving, pour over asparagus, bread crumbs fried in brown butter.

CAULIFLOWER POLISH STYLE

French Almanac

Peel cauliflower. Separate flowers, wash in water with small amount of vinegar, put in boiling water, cook for 25 minutes. Drain, arrange on hollow dish. Pour over the cauliflower, bread crumbs browned in butter.

CABBAGE with GREEN or YELLOW SPLIT PEAS

Estelle C. Amborski

Shred cabbage and let stand in salt water for one hour. Drain, squeeze and put in pan, add water and boil until done.

Boil 1/2 cupful of split peas until soft but not mushy. Mix with cabbage. Cut bacon in small pieces and fry. Add 1/4 cup of vinegar and sugar to taste. Mix all ingredients with the cabbage, add peas to the mixture.

CELERY and ALMONDS for CHICKEN

Marja Wachowiak

4 c. celery (cut in small pieces) 4 tbsp. butter

Put in pan, boil, stir so that contents do not burn.

ADD: 1 tbsp, butter mixed with 1 tbsp. flour
1 tbsp. shredded scallions 1 onion cut fine

Add to the celery, 1 onion cut fine. Mix well. Add 1 tbsp. milk, 1 cup of bouillon, season with salt and pepper, boil for 5 minutes. Add 1 cup of almonds (white) cut up fine and lightly browned in the oven. Salted almonds may be used.

## CUCUMBERS in SOUR CREAM

Martha Dąbrowska

After slicing 2 cucumbers into a bowl, sprinkle them with salt and let stand a few minutes. Squeeze the cucumbers to remove excess water. Add vinegar, pepper, sugar to taste (about 3 tbsp.) and a cup of sour cream. Serve.

## EGGPLANT

Marja Wachowiak

Clean a large eggplant. Cut in 1/2 inch pieces, cover with water, 1 tsp. salt and boil 10 minutes. Drain, chop finely 2 large green peppers and 2 onions. Fry these in butter, until soft. Add this to the eggplant, then add tomatoes, can #2, without the juice. Add salt, pepper and sugar to taste.

Grease casserole or pan with butter, place above mixture in the pan. Sprinkle with bread crumbs mixed with butter and bake 1/2 hour in 350° oven. Let crumbs become golden brown.

## ONIONS

Iza Mikuszewska

Slice several onions (amount to be determined by the cook). Melt 2 tbsp. butter for every 4 onions. Salt and pepper and add 2/3 tsp. marjoram, a dash of cayenne. Stir until onions are covered with fat. Cover and cook on low heat about 10-15 minutes, until the onions are wilted, slightly golden and tender, but not mushy. Add more salt if needed. If surplus moisture has collected, cook uncovered over heat until it has evaporated. Serve with any meat.

## SOUR CABBAGE with TOMATOES

Marja Wachowiak

4 tbsp. fat
1 large can sour cabbage
½ tsp. caraway seeds
½ tsp. pepper
dash of sugar
1 onion
1 small can of tomatoes
OR
4 fresh tomatoes

Heat the fat in the pan, into which cut 1 onion. (You can also fry bacon with the onion). When the onion is slightly browned, add the sour cabbage, tomatoes, caraway seeds, pepper and sugar. Cook on a slow fire. From time to time, stir the contents. Before serving, add a glassful of wine.

## SOUR CABBAGE with DILL PICKLES

Frances Ruszaj

1 can sour cabbage
1 small onion
2 tbsp. butter
2 tbsp. sour cream
4 dill pickles
1 c. broth or bouillon
2 tbsp. flour
pepper and sugar to taste

Melt butter and add finely chopped onion, sour cabbage and pickles (peeled and sliced.) To this, add the broth or bouillon and cook slowly until soft. Then, make a paste of flour with sour cream and add to the mixture. Pepper and sweeten to taste.

From PAN TADEUSZ by Adam Mickiewicz

"Fruit trees planted in rows, shaded a broad field; beneath them were the vegetable beds. Here sat a cabbage, which bowed its venerable bald head, and seemed to meditate on the fate of the vegetables; there, intertwining its pods with green tresses of a carrot, a slender bean turned upon it a thousand eyes, here the maize lifted its golden tassels; here and there could be seen the belly of a fat watermelon that had rolled far from its parent stalk into a distant land, as a guest among the crimson beets."

Translated by George Rapall Noyes.

And.....

"Brandy was passed to the gentlemen: thereupon all sat down and silently and with relish they ate the cold salad of beet leaves whitened with cream. After the cold dish, came crabs and asparagus along with glasses of Malaga and Hungarian wine; all ate, drank and were silent."

Translated by George Rapall Noyes.

YEAST DOUGH


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From PEASANTS (CHŁOPI) by Władysław Reymont
Translated by Michael H. Dziewicki

"Chief of these (Holiday Preparations) was the baking of loaves and cakes, and, in well nigh every hut both doors and windows were now fast closed, lest the dough might fail to rise."

From PEASANTS (CHŁOPI) by Władysław Reymont
Translated by Michael H. Dziewicki (Continued)

"All the women were so absorbed in the kneading and rolling out of the dough for loaves and cakes, and that pertained thereto, that they had forgotten nearly everything else."

- and -

"As there were no baking-ovens in every hut, make-shifts were built in the orchards and girls ran about, feeding them with dry faggots and logs. And from time to time there were seen women uncouthly attired and white with flour, carefully carrying dresser-drawers and kneading troughs full of cakes, yet unbaked and hidden from the air, as the statues of the saints are seen carried in holy procession."

From PEASANTS (CHŁOPI) by Władysław Reymont

Sung at the wedding of Yagna and Boryna

"Friends, we bring you dainty food:
Fowls in rice-soup boiled and stewed

- and -

"Tripe with pepper, spiced and hot:
He's a fool that likes it not."

# YEAST DOUGHS

From PEASANTS (CHŁOPI) by

Władysław Reymont

"Yagna, her sleeves turned up to her shoulders, was kneading in the trough with her mother's aid, now preparing the long STRUCEL and loaves of the finest flour, (she was hurrying, for the dough had already risen, and she had to fashion the loaves instantly); now casting one eye on Yuzka's work; now seeing to the honey-and-cheese cakes, that were rising under the warm coverings, and waiting their turn for the baking oven; and now flying around to where the fire roared up to the chimney."

BABA TIULOWA_____Walerja Szumiło

2 c. egg yolks well beaten with 3 c. sugar, 1 c. of lukewarm milk and 2½ ounces of yeast.

Strain through a strainer all above ingredients. Add 3 cups of flour and beat well. Cover bowl, put in a warm place and let rise.

When the dough rises, add ½ c. of melted butter and again beat well. Butter the pans and put mixture into them. Only one fourth of the pan should be filled with dough. When the dough in the pan rises double its contents, carefully lift the pans so that the risen dough does not fall, place in a hot 375° oven and bake for one hour. When removing the pans from the oven, be careful not to remove the baked BABA until cool.

BABKA

Helen Rozan

1 c. boiling milk
1 c. flour

Pour hot milk over the flour and beat it thoroughly. Cool.

DISSOLVE:

1 large yeast cake in 1/4 c. lukewarm water. Add to the cooled mixture. Let rise about 2 hours.

4 c. flour
1 c. melted butter
1 tsp. almond flavoring
1 dozen egg yolks
1 tsp. salt
1¼ cup sugar
1 c. raisins

Add salt to the eggs and beat until lemon colored. Add sugar and continue to beat. Add yeast mixture. Alternate with the melted butter and flour. Add flavoring and beat it well until it comes away from the spoon. Let rise until double in bulk.

Add 1 cup of raisins. Punch down the dough and let it rise again. (About 2 hours.) Punch down and place dough into well buttered tube pan. Fill with dough to cover 1/3 of the pan and let rise from 1 to 2 hours.

Bake 40 minutes at 350°. Makes 2 BABKI.

FROSTING:
½ c. powdered sugar
4 tsp. milk
1 tsp. rum

Add the sugar gradually to the milk and beat until smooth. Add 1 tsp. of rum, mix well and spread the frosting over the babka.

BREAD (Mother's Caraway Rye)

J. Mazurowska-Gombault

COMBINE:
1 c. lukewarm water

1 c. scalded milk
Cool to lukewarm

MIX: In a cup, 2 packages dry granulated yeast, softened in 1 c. of warm water, let it stand for 10 minutes.

ADD:
3 tbsp. sugar
1/3 c. shortening (bacon fat may be used)

5 c. rye flour
3 c. white flour
1 tbsp. salt

Mix all ingredients together, put dough on a floured board, knead well for about 5 minutes. If more flour is needed, use the rye flour. Add 1 ounce of caraway seeds. Knead until fine grained. Put in a warm place and let rise until double in bulk, or leave it on a floured board, cover well with a warm towel until double in bulk.

Punch down the dough, cut to make loaves. Make them round and put them on a pie plate. Recipe makes 3 loaves. Cover and let them rise again almost double in bulk. Bake in moderate oven 375° for 45 minutes, Cool the loaves on a wire rack.

"My thirst that burns so hot and rages,
No smallest cup, no drop assuages;
Ah! had I a bit to eat,
Were it but two grains of wheat!"

From FOREFATHERS' EVE (Part 11) Adam Mickiewicz

Translated by Watson Kirkconnell

BUŁECZKI (Rolls)

Martha Dąbrowska

½ c. butter
2 small yeast cakes
1 tsp. vanilla
2 egg yolks
1½ c. flour
1 tbsp. sugar
¼ c. milk

Add a little salt to the flour and then add the butter. Mix with the fingertips until it is the consistency of cornmeal. Heat the milk to lukewarm, dissolve the yeast in the milk and add to the beaten egg yolks and vanilla. Add this mixture to the dough and beat it. Put the bowl in the refrigerator until about an hour before you want to bake them; take out and shape the dough into rolls, spread egg yolk over the surface of each. Let them rise and then bake them in a moderate oven 325° until they are brown. About 20 minutes.

COFFEE CAKE (Placek)

Stephania Pawłowska

¼ cake yeast
2 tsp. sugar
2 boiled potatoes
1 pint lukewarm milk
2 c. sifted flour
1/3 c. melted butter
1/2 tsp. salt
1 tbsp. shortening
6 eggs
nutmeg

Mix yeast with sugar. Let stand for 15-30 minutes. Take potatoes, mash through the ricer and mix with the yeast. Add lukewarm milk. Sift flour into the mixture. Cover slightly with flour and let stand 1 or 2 hours.

COFFEE CAKE (Placek) (Continued)

Add melted butter, large spoon of shortening, 6 eggs, a little nutmeg, 1/2 tsp. salt and enough flour to make stiff dough. Beat well, at least 1/2 hour. Cover all with flour. Let stand for 1 hour.

Divide into 3 parts. Grease pans, spread evenly in pans, top with butter crumbs, let rise until almost to top of pan. Bake in 325° oven for about 30 minutes.

BUTTER CRUMBS

Mix well 1/4 lb. butter, a little lard, a cup of sugar and flour enough to make crumbs.

COFFEE CAKE (Filled)

Helen Rozan

1 c. butter
3 c. flour
1 tbsp. sugar
3 egg yolks
pinch of salt
½ c. raisins
1 tsp. vanilla
1 small cake of yeast dissolved in:
½ c. milk
½ c. pecan nuts
¼ c. candied cherries cut in ¼

Blend together flour, sugar and butter. When well blended, add the beaten egg yolks, yeast and vanilla. Beat until smooth.

Set in a refrigerator over night or in room temperature for about 4 hours.

Cut dough in half. Roll out into oblong sheets about 12 inches in length and 8 inches in width.

COFFEE CAKE (PLACEK) (Continued)

Beat the 3 egg whites and spread on the 2 sheets of dough.

Sprinkle 1/3 cup brown sugar over each half and 1/2 of the nuts and fruit.

Roll together. Let rise about 1½ hours and bake a half hour in 350° oven.

GLAZED FROSTING:

3/4 c. powdered sugar
1/4 tsp. almond flavoring
4 tsp. milk
1 tsp. vanilla

Add sugar gradually to the milk and beat until it is smooth. Add flavoring and spread.

CRISP PASTRY

Joanna Mikuszewska

½ lb. butter
2 c. flour
1½ tbsp. sugar
3 egg yolks
1 small yeast cake dissolved in ½ c. milk
pinch of salt
1 tsp. vanilla
1 tsp. lemon juice
rind of 1 lemon

Blend flour, salt and sugar as you do for pie-crust. Add well beaten egg yolks to the yeast dissolved in milk. Add vanilla. Mix the ingredients together. Add lemon juice. Beat until very smooth. Set aside in a refrigerator, covered with a towel, overnight, or at least 5 hours before using.

When ready to bake the dough, cut it into 2 parts. Roll out thin - about 1/2 inch.

CRISP PASTRY (Continued)

Beat the whites of eggs until stiff. Use half of each part of the dough. Spread the whites of eggs on the rolled dough. Sprinkle with powdered sugar, very lightly, and white raisins and crushed pineapple. Roll together, form a crescent and put the roll in a well buttered pan. Let rise for 1½ hours. Bake in moderate oven, 325° for at least 20-25 minutes or until well browned.

Any frosting desired may be used.

DOUGHNUTS (Paczki)

Helen Wisniewski

½ pint sweet cream
12 egg yolks
½ c. butter
½ c. sugar
1 large cake yeast
½ tsp. salt
3½ c. flour
1 tsp. vanilla
1 tsp. rum

Heat cream to lukewarm. Add salt to egg yolks and beat until thick. Cream butter and sugar.

Dissolve yeast in 1/4 cup of lukewarm water with 1 tsp. sugar. Mix thoroughly. Add to the above ingredients. Add flavoring, alternating flour and cream.

Beat hard until dough blisters. Set in a warm place to rise. Punch down and let rise again. Place dough on a floured board and roll out to 1/2 inch thickness. Cut into desired sized balls and let rise again.

Fry in deep, hot fat. Sprinkle with powdered sugar or top with frosting.

FRUIT FILLED RING

Martha Gurbacki

1 c. scalded milk
¼ c. shortening
3¾c. flour
¼ c. sugar
1¼ tsp. salt

Heat milk to lukewarm. Add 1 yeast cake to the above and let it dissolve.

Beat 1 egg and add to the above ingredients. When well mixed together, put on a floured board and knead until smooth. Place it on a greased pan and let rise double its size. In the meantime, prepare the following filling:

4 chopped apples OR
1 c. apple sauce
6-8 tsp. cinnamon
1 c. raisins
1 c. sugar
1 c. walnut meats chopped finely

Mix all ingredients and set aside.

When the dough has doubled its bulk, put on a floured board and divide into 2 parts. Take 1 part and roll out thin, cover with half of the filling. Butter your hands well when rolling it gently into a crescent. Put on a cookie sheet. Use the same process with the other part. This recipe makes 2 rings.

Let it rise again to twice the size, put in 375° oven for 30-35 minutes. While still warm it may be frosted with the following frosting:

½ c. confectionery sugar and sufficient quantity of milk to make a smooth, soft frosting. Brown some shredded coconut, cut a few walnuts and sprinkle over the top.

PACZKI #1 (Doughnuts)

Martha Dabrowska

3 tbsp. melted butter
3 or 4 c. flour
2 small cakes yeast
lemon rind or vanilla
½ pint cream
6 egg yolks
¼ c. sugar
1 tsp. salt

Beat egg yolks well and add sugar. Dissolve yeast in warm cream, add yolks, flour gradually, then melted butter, more flour. Beat well until the dough no longer clings to the spoon.

Set aside and let rise for about two hours. Take a small piece of the dough and flatten it out in the palm of your hand.

Put about a teaspoon of jam in the center, fold in the edges of the dough until a ball is formed with the jam in the center. Fry the balls in deep fat 350° about 5 minutes. When done, sprinkle with powdered sugar and butter icing.

PACZKI #2 (Doughnuts)

Rozalia Rozan

2 c. lukewarm milk
2 small yeast cakes
1 c. butter
12 egg yolks
8 c. flour
1 c. sugar
2 tsp. salt
1 tsp. vanilla
1 tsp. almond extract
2 tsp. rum

Dissolve yeast in 1/2 cup of milk. Make a sponge by adding the yeast to the rest of the milk with about 2 cups of flour. Set in a warm place to rise.

After it rises, add the melted butter, salt, a little flour and beat well. Add egg yolks which are well beaten with sugar and the rest of the flour and the flavoring. Beat until dough comes off the spoon. Set to rise, about 2 hours.

PACZKI #2 (Doughnuts) (Continued)

Roll out to 1/2 inch thickness and cut out round circles with wine glass or cutter. Let rise again and when light, fry in deep, hot fat, until golden brown.

Sprinkle with powdered sugar.

PLACEK (Coffee Cake)

Rozalia Rozan

| | |
|---|---|
| 2 cakes yeast | 5 egg yolks |
| 1¼ c. milk | 4 egg whites |
| 1 c. sugar | 8 c. flour |
| 3/4 c. butter | 1 tsp. almond extract |
| 2 tsp. salt | 1 tsp. vanilla extract |

Heat milk until lukewarm, pour into a mixing bowl, add crumpled yeast and 1 tbsp. of sugar.

Sift flour with salt. Beat egg whites until stiff. Beat yolks creamy and add sugar and beat again.

Melt the butter, when lukewarm, add to the yeast mixture. Add some flour and beat until smooth, add egg yolks and flour, whites and flour and flavoring. Beat well and let rise about 2 hours.

Stretch the dough on tins with fingers dipped in warm milk about 1/4 inches thick. Beat the egg white and spread evenly over the top of the dough to hold the crumbs.

Bake in moderate oven, about 350°.

PLACEK (Coffee Cake) (Continued)

CRUMB TOPPING:
½ c. sugar
1½ c. flour
½ c. butter

Melt butter, mix with flour and sugar, take a handful, press it together, then crumble it over the dough.

PRUNE TOPPING:
When prunes are in season, cut them in half, remove the pits, place them in a row on top of the dough, sprinkle with sugar and cinnamon. Let rise about 1 hour. Bake 25 minutes in 375° oven. Makes 4 tins.

ROLLS (Galicupki or Buchty)

Helen Zbieranska

1 c. butter
3 small yeast cakes
¼ c. milk
1 tsp. almond extract
1 c. egg yolks
1 c. sugar
1 c. milk
flour

Heat milk. In lukewarm milk dissolve yeast. Cream butter and add sugar. Add well beaten egg yolks, yeast, milk and flavoring, sifted flour to make soft dough. Knead until smooth. Let rise until double in bulk. Pat out on a floured board until 1/2 inch in thickness.

Place small balls of almond paste about 1½ inches from the edge and fold dough over the paste. Cut rolls in half circles with cookie cutter, being sure that the almond paste is in the center. Repeat process until all the dough is used.

Place rolls in two large pans in which 1/2 cups of butter has been melted. Let rolls rise and bake in a 375° oven for 20 minutes.

ALMOND PASTE for ROLLS

¼ lb. almonds
1 egg white (beaten)
juice of 1 small lemon
1/2 c. sugar
1 tsp. almond extract

Blend sugar, flavoring and lemon juice. Add only enough egg white to make a stiff paste. Grate almonds with skins or put through a food chopper. Add to the ingredients.

MISCELLANEOUS


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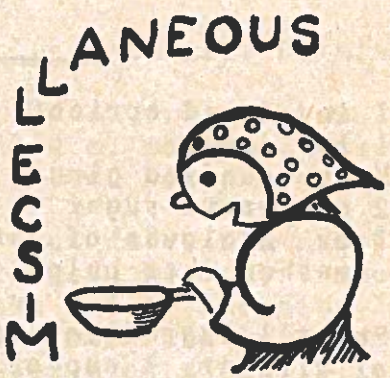
## BAKED GRATED POTATOES for PORK ROAST

Marja Wachowiak




Peel enough potatoes to make 4 cups grated potatoes. Add 1 tsp. salt, 1/4 tsp. pepper, a pinch of mint, mace and whole cloves.

Beat 4 whole eggs. Grease an 8" pan with fat and pour in the pan one thin piece of pork fat or bacon and pour the grated potatoes. Put in 325° oven and bake 30 minutes.

Take out, spread butter over the baked surface and put back into the oven for 30 minutes more. Remove from oven, let stand a while, cut into squares and place on platter around the roast.

## BOILED KLUSKI (Noodles)

Rozalia Rozan

1¼ c. flour
3 tbsp. water
2 eggs
1 tsp. salt

Beat well all ingredients until smooth. Put 2 qts. of water into a large kettle and 2 tsp. salt. Let it come to a boil. Dip a tablespoon into the boiling water and cut dough against the side of the bowl, about two inches long and one-fourth inch thick. Keep on dipping and cutting until all is used. Stir to keep from sticking. Boil 10 minutes. Serve hot or cold.

## DRY FRUIT CONSERVE for MEAT

Iza Mikuszewska

1 lb. dried apricots (cut in small pieces)
1 lb. dates
¼ lb. candied ginger
2 c. brown sugar
1 or 2 cloves of garlic (mashed into pulp)
1 lb. raisins (seedless)
1 large onion
½ tsp. salt

Put all ingredients into a pan. Cover with 3 cups of vinegar, 1 cup of water. Boil 45 to 60 minutes until thickened. Pour into sterilized 1 pint jars.

Serve with meat or fowl

## FLACZKI (Tripe)

Wanda Podgórski

4 lbs. tripe
1 lb. beef for soup
1 tsp. celery salt
½ tsp. ground ginger
½ c. chopped parsley
1 ox-tail
3 carrots (diced)
1 tsp. salt
1 small onion
1/8 tsp. ground pepper

Wash and cut tripe into small, narrow strips, about 2 inches in length and 1/4 inch in width. Make a soup from the oxtail and beef, bringing meat to a boil. Clear the soup and add the rest of the ingredients, including the tripe. Now boil all the ingredients for 2 or 3 hours until tripe and soup meat are tender. In a separate skillet, melt 2 tablespoons of butter, add 2 tablespoons of flour and mix well. Add this slowly to the tripe soup.

## GRAHAM CRACKER ROLL

Harriet Dzimian

1 c. graham crackers
½ pint whipping cream
glazed cherries
1/4 c. fresh dates
3/4 c. marshmallows
3/4 c. pecan meats

Roll crackers to a fine meal. Cut dates and marshmallows and nuts into small pieces. Mix the ingredients with enough cream to make a loaf kneading mixture, Form into a ball, then work into cylindrical shape. Place in refrigerator over night. Slice and garnish with whipped cream and glazed cherries.

## HORSERADISH SAUCE

Agnes Napieralska

8 oz. bottle of horseradish
4 or 5 tbsp. sugar
3 whole eggs

Mix horseradish, sugar and eggs thoroughly and boil on a low fire until thickened. Stir continually as this scorches easily. Add sugar to taste. Serve with warm ham or any other meat.

## LANE KLUSKI (Drop Noodles)

Jennie M.V. Smokowski

2 heaping tablespoons of flour, one beaten egg, salt to taste. Add enough water to make a slow-pouring batter. Pour slowly from a spoon into any boiling soup. They are done as soon as they float to the top.

NOODLES #1

_____Iza Mikuszewska

4 egg yolks

1 tbsp. salt

enough flour to make a stiff dough. If the dough is too stiff, add a little water.

Mix well above ingredients. Roll out the dough with a rolling pin as thin as possible. Cut strips 2 inches in width or longer if you wish long noodles. Cut very fine lengths. Allow noodles to dry a little while on the table, sprinkled with flour to prevent sticking together.

Proportion of boiling water to noodles should be about 6 to 8 times. For example: about 4 quarts of water (boiling) to which is added about 3 tablespoons of salt.

Noodles must come up three times in a rolling boil. Drain noodles in a collander. Pour very hot water over the noodles in the collander. Set aside, allow the water to drain off. Serve hot in soups or when cold, fry in butter.

These noodles may also be used with tomato sauce, meat gravies and as a noodle casserole.

NOODLES #2

_____Frances Ruszaj

2 tbsp. butter
1/3 c. flour

1 egg

Cream the butter, add yolk and continue beating. Beat egg white until stiff and add to the butter and yolk mixture. Fold in the flour a little at a time. Drop from tip of teaspoon into boiling soup.

NALEŚNIKI (Pancakes)

_____Michalina Ragaman

6 eggs
2 c. flour
1 qt. milk
1 tsp. salt

Beat eggs well. Stir in the flour and salt alternately with milk to obtain a smooth batter. Pour a thin layer on a hot, well-buttered frying pan, and fry until browned on both sides, but soft enough to roll.

Spread on each pancake the following fillings:

Creamed strawberries, cottage cheese, jelly, jam prunes or any other fruit.

Fold corners to the center to make a tart, or roll up and serve at once. Makes about 2 dozen.

POTATO DUMPLINGS with COTTAGE CHEESE
(Kartoflane Kluski z Twarogiem)

_____Jennie M.V. Smokowski

3 medium sized potatoes
½ lb. bacon
½ pint sour cream
1 c. flour or enough to make a rather stiff dough
1 tsp. salt
2 eggs
1 lb. cottage cheese

Grate raw potatoes! Add eggs, salt and flour. Mix and drop small quantities of mixture into boiling water from a teaspoon dipped in the boiling water.

Add sour cream to cottage cheese and mix with the dumplings so as to cover them. Sprinkle top with crisped bacon, broken into bits.

## POTATO PANCAKES

Iza Mikuszewska

Grate 3 large sized potatoes. Add egg, beat well, season with salt to desired taste, grate 1 small onion into mixture. Mix well. Fry on hot well larded frying pan. Serve with syrup or sugar.

SECOND METHOD:
Grate three large potatoes, drain in a strainer until all the moisture is drained off. Let stand for a few minutes. On the bottom of bowl, the potato starch will form into a hard substance. Throw off the potato water and put the potato flour into the grated potatoes, mix well. Grate a small onion. Add the eggs to the contents and beat well.

Neither method requires flour unless the housewife wishes to stretch the bulk of the potato batter. Flourless pancakes taste much better, preserving the natural potato taste.

Melt lard, or saltless fat on a very hot fire, reduce flame and pour batter into the hot grease, using a large tablespoon, spreading the batter to make the pancake the desired thickness.

A pinch of sugar added before frying makes crispy edges. Fry until brown.

Serve with syrup, sugar, preserves, etc.

## POTATO SALAD DRESSING

Marie Carstensen

1 pint mayonaise
1 pint thick sour cream
1 large onion, chopped very fine
1 pimento chopped very fine
¼ c. vinegar juice from sweet pickles
1 c. celery chopped fine
¼ c. milk
dash of salt
black pepper
1 tsp. capers
2 tbsp. parsley (minced)

Blend mayonaise with sour cream. Dilute the above with milk and vinegar juice to consistency of heavy cream. Add onion, celery, pimento, parsley, salt and pepper. Mix well. Pour over diced cold potatoes 1 hour before serving. Decorate with capers. Do not chill.

## SALAD DRESSING

Leona Misiewicz

1 clove of garlic
1 c. olive oil
2 cans tomato soup
1 tbsp. onion juice
vinegar
sugar
salt
white pepper, or paprika

Put garlic in a cup of vinegar overnight.

Stir olive oil thoroughly. Add vinegar and stir again. Add slowly tomato soup and stir. Add sugar, salt and white pepper or paprika to taste. Stir in the onion juice and pour into small bottles for future use.

CHRISTMAS EVE SUPPER AT BORYNA'S from PEASANTS
by
Władysław Reymont

"The first dish consisted of sour beet-root soup, with mushrooms and potatoes in it. After this came herrings, rolled in flour and fried in oil. Then there was a dish of cabbage and mushrooms, also seasoned with oil. And, to crown the feast, Yagna had prepared a most dainty dish - buckwheat meal mixed with honey and fried in oil of poppy-seed. With all of these dishes, they ate common dry bread; it was not becoming on such a great feast-day, to eat either cakes or strucle, these containing butter and milk."

Translated by Michael H. Dziewicki

KULIG in ASHES of Stefan Żeromski

"The musicians, stationed outside the windows, were playing the Krakowiak and several couples began to move around. There was no room left for those standing, so they squeezed about from room to room. The household servants dressed in livery-like attire, were serving wine and home-made cake."

--and--

KULIG in ASHES of Stefan Zeromski

"Vincie with his frowzy mane, hanging over his forehead, sat on a straw bed and ate or rather devoured, almond-paste cakes, flaky tarts and fruit-filled butter cakes....."

Translated by Helen Stankiewicz Zand